

# Sully Senior Center

5690 Sully Road    Centreville, VA 20120    703-322-4475, TTY 711



Operating Hours  
Monday - Friday 9 a.m. - 4 p.m.

[www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

## August 2016

### Programs

Program	When	Time	
Discussion	Monday - Friday	9 a.m. - 2 p.m.	We encourage seniors who come in to engage in healthy and thought-provoking activities.
Education	Tuesday, August 2	12:30 p.m.	Fairfax County Fire and Rescue - tips, games and free prizes
Entertainment	Monday, August 8	12:30 p.m.	Music with Alex Young
Entertainment	Tuesday, August 23	12:30 p.m.	Music w Chris Edwards and his Magical Guitar
Education	Wednesday, August 24	10 a.m.	Visit with FASTRAN representative

### Classes

Class	When	Time	Description
Early Morning Snack	Monday - Friday	9 - 10 a.m.	A daily coffee social to start of everyone's morning
50+ and Fit! Exercise	Mondays	10:30 a.m.	Mary Pat's workout class will help keep you fit.
Computer Consults	Mondays, Wednesdays	10:45 a.m.	Private classes to learn basic computer skills. Reservations required.
Line Dancing Club	Mondays, Thursdays	2 p.m.	Adults who enjoy Line Dancing Meet for free classes
Tai Chi	Tuesdays	9 a.m.	A gentle movements class to develop strength and balance (Fee class)
Drawing/Painting	Tuesdays	10:15 a.m.	Using different mediums, explore art and learn and develop new skills (Fee Class)
Chair Yoga	Tuesdays	10:30 a.m.	Stretching and strengthening, improves balance, relaxing
Chair Exercise	Wednesdays	10:45 a.m.	Stretching, Strengthening and moving to the music while seated
Jazzercise Lite	Wed and Thursdays	10:30 a.m.	Fun, choreographed exercise class with trendy music.
Mat Yoga	Thursdays	9:30 a.m.	Gentle yoga with floor exercises, stretching and strengthening
Charcoal Drawing	Fridays	10:30 a.m.	Learn different techniques with charcoal drawing
Strength Training	Fridays	10:30 a.m.	Classes to work out and strengthen the muscles

### Special Events/Trips

Event/Trip	When	Time	Description
Fairfax Lakes Shopping Center	Thursday, August 4	10:15 a.m.	BJ's, Home Goods, Target, Wal-Mart, World Market and more!
Fair City Mall	Thursday, August 11	10:15 a.m.	Bed Bath and Beyond, Ross, Quilters Studio, and many more
Manassas Super Target	Tuesday, August 18	10:15 a.m.	Grocery Shopping
Cracker Barrel	Monday, August 22	10:15 a.m.	Enjoy good food with your friends
Manassas Mall & Walmart	Thursday, August 25	10:15 a.m.	Macy's, McDonald's, Sears, Things Remembered

### Community Meetings

Meeting	When	Time	Description
Advisory Meeting	Thursday, August 4	11:30 a.m.	The Center Leadership team meets once a month